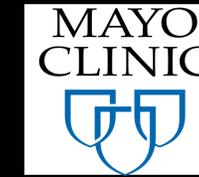
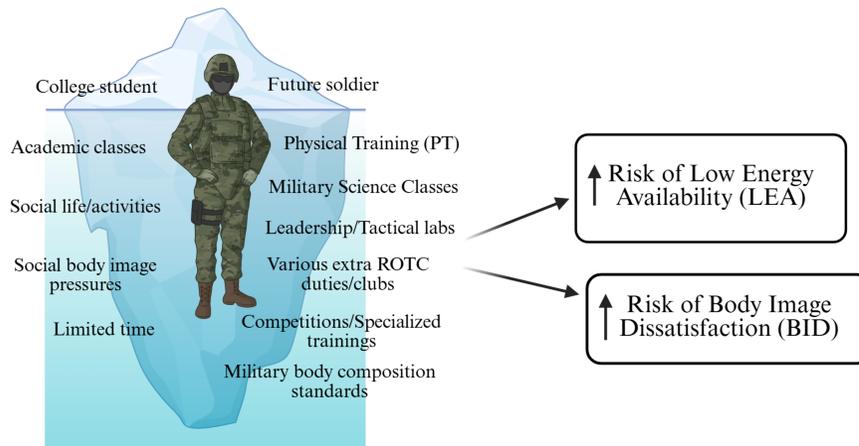


The Prevalence Of and Relationship Between Low Energy Availability and Body Dissatisfaction in Female and Male AROTC Cadets



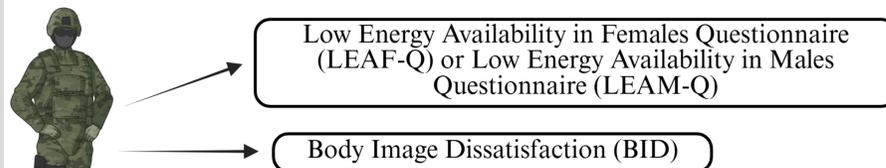
BACKGROUND



PURPOSE

To evaluate the prevalence of and relationships between LEA risk and BID in female and male AROTC cadets.

METHODS



- 274 AROTC (female: n=103, male: n=171) cadets participated
 - Age: 19.8 ± 1.5 yrs
 - Weight: 73.8 ± 12.3 kg
 - Body mass index: 24.4 ± 2.8
- LEA was classified as a LEAF-Q score ≥ 8 and LEAM-Q ≥ 2
- Spearman correlations assessed the relationship between LEA scores and BID (p < 0.05)
- One-way ANOVAs determined differences in BID by LEA status (at risk, not at risk) and BMI classification (underweight (n=3), normal weight (n=162), overweight (n=108), obese (n=6) (p < 0.05))

RESULTS

Table 1. Cadets' BMI Status, Risk of LEA, and BID

	Female n (%)	Male n (%)
BMI Status		
Underweight (< 18.5kg/m²)	2 (2%)	1 (1%)
Healthy Weight (18.5 – 24.9kg/m²)	69 (67%)	93 (54%)
Overweight (25.0 – 29.9kg/m²)	29 (28%)	79 (46%)
Obese (≥ 30kg/m²)	3 (3%)	3 (2%)
Risk of LEA	53 (52%)	63 (37%)
Body Weight Dissatisfaction	82 (79%)	127 (74%)
Body Shape Dissatisfaction	94 (91%)	125 (73%)

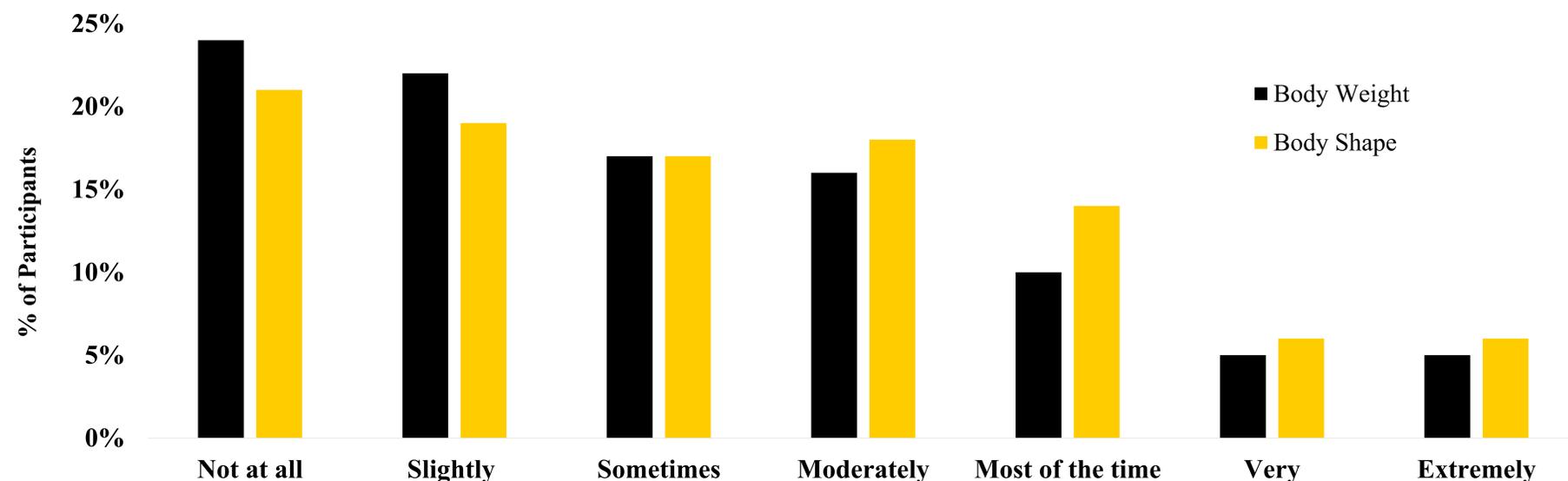
26% of female cadets reported that they had abnormal menstruation

39% of female cadets reported irregular menstrual cycles for 3 months

11% of male cadets reported having little to no sex drive

- LEAF-Q scores were moderately, positively associated with body shape dissatisfaction (p=0.013, r=0.301).
- No relationship between LEAM-Q scores and BID (p > 0.05)
- No differences in BID by LEA or BMI status in either female or male cadets (p > 0.05)

Overall, there was a high prevalence of body image dissatisfaction among AROTC cadets.



CONCLUSION & PRACTICAL APPLICATION

- A high prevalence of LEA risk and BID was observed in female and male cadets.
- Body shape dissatisfaction was associated with LEAF-Q scores, but not LEAM-Q scores.

Targeted interventions that promote adequate energy intake, nutritional education, improved body image satisfaction, and access to necessary resources are important for positive health and performance outcomes.